

# Vacation & Summer Planning Tips

## Planning

- Have children participate in the planning
- Contact tourist information centers for ideas about activities for children
- Make reservations at popular places
- Map out a route to save time and minimize driving



## Packing

- Pack light
- Pack emergency information such as extra keys, insurance information, medical information card, prescription drugs, names and addresses of friends and relatives
- Pack a tool box, first aid kit, flashlight and flares for road emergencies
- Put your child's name, address and emergency information on their car seat in case of an accident

## Keeping Children Busy During Car Rides

- Car games designed for making travel fun
- Audio tapes and player with headphones
- Hand held electronic games
- Children's books
- Coloring books, activity books and crayons or markers
- Sing songs
- Keep lots of snacks and drinks handy
- Plan to make short, frequent stops



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org